



VERBAL ABUSE

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**DEFINITION, ANY STATEMENT
TO A VICTIM THAT RESULTS IN
EMOTIONAL DAMAGE**

HOW TO BUILD SELF ESTEEM

1.

UNCONDITIONAL ACCEPTANCE

2.

APPROVAL

3.

GET RID OF GUILT

HOW DO WE FORGIVE

A.

Admit the wrong

B.

Commit to change

C.

**WHATEVER YOU DID WRONG
MAKE IT RIGHT**

D.

**ACCEPT GOD'S PROMISE
TO FORGIVE YOU**

E.

FORGIVE YOURSELF

4.

**SELF ESTEEM GROWS
WITH SUCCESS**

5.

DEV. YOUR INNER VALUE

6.

MAKE YOURSELF ATTRACTIVE

7.

REMEMBER GOD LOVES YOU

HOW DO WE CHANGE?

1.

STEP OUTSIDE YOURSELF

2.

**GET OUT OF YOUR
COMFORT ZONE**

3.

**IF YOU ARE FEARFUL
FIND SOMEONE TO
ENCOURAGE YOU**

4.

STICK TO YOUR GUNS

**THREE COMMON
AREAS OF ABUSE
IN MARRIAGE**

1.

MONEY

2.

CHILDREN

3.

SEX